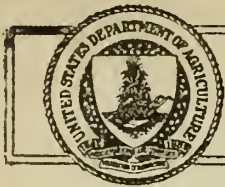


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U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
DECEMBER 5, 1934 (WEDNESDAY)

THE MARKET BASKET
by

Bureau of Home Economics, U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --

Cereal in porridge or pudding
Potatoes
Tomatoes (or oranges) for children
A green or yellow vegetable
A fruit or additional vegetable
Milk for all

Two to four times a week --

Tomatoes for all
Dried beans and peas or peanuts
Eggs (especially for children)
Lean meat, fish, or poultry, or
cheese

PEANUTS - BY THE PECK

A billion and 50 million pounds of peanuts--think of it, if you can! That is this year's crop in this country, according to official estimates, and it is only a little less than the biggest crop ever. Much of it will be consumed by the people of the United States as peanut butter, salted peanuts, peanut candy, and fresh roasted peanuts. Much more than usual will be made into oil, for use in margarines, shortening, cooking fats, and salad dressings. More than usual will go into feed for hogs, and some of that will come back to us in peanut-fed pork as hams, bacon, and lard.

Biggest of all markets for peanuts as human food are those for peanut butter, salted peanuts, and peanut candy. Peanut stores and fruit stands sell fresh raw and roasted peanuts, and the peanut vendor is still doing business. And what would the circus or the ball game be without peanuts?

Because of its frivolous associations, no doubt, the peanut was not taken seriously for table use until recent years. The Civil War taught the Armies of both North and South to eat the "goober pea." But many years went by before machinery was developed for harvesting and shelling peanuts for large-scale use as human food. Then came the peanut thresher, the mechanical peanut picker, the crusher, and sheller--also the cleaning factory and the oil mill. The peanut industry had arrived.

The peanut is a legume, like peas and beans. But it has the peculiar habit of blooming above the ground and then burying its seedpods in the ground. Botanically speaking, the peanut is not a nut at all, but like the true nuts, it is rich in fat. And like the legumes it is rich in protein. Moreover, the quality of the peanut protein is superior and supplements the protein of wheat to make a particularly nutritious combination. When the nutrition chemist looks at a peanut sandwich, then, he sees something more than just a happy blend of flavors. He sees efficient protein that the body can use to build and repair its tissues. The peanut has other food values besides its fat and protein. It is a good source of phosphorus and a fair source of iron and it is rich in vitamin B.

Peanuts were brought to the United States from Brazil by way of Africa and the early slave ships. As a commercial crop, they were grown first in Virginia and North Carolina, but soon took hold throughout the Cotton Belt, where the boll weevil was destroying cotton crops. The Virginia varieties--Virginia Bunch, Virginia Runner, and Virginia Jumbo--are the largest, and they are grown chiefly in southeastern Virginia, northeastern North Carolina, and central Tennessee. The Spanish peanut, much smaller than the Virginia, and with a kernel more nearly round, is most widely grown in the rest of the South. It is more oily than the Virginia peanuts, and the best peanut butter is made of a mixture of the Spanish and Virginia types. The nuts are roasted, blanched to remove the skins, and the "heart" or germ is taken out, to prevent the butter from becoming rancid too

easily. The chosen varieties are automatically blended in the desired proportion, usually about half and half, as they go into the grinder, and about 3 percent of salt is added as they go through the mill. That is the only ingredient, other than the nuts themselves, in peanut butter.

For home use, peanut growers can roast their own fresh nuts in the oven of the kitchen stove, and with a meat grinder prepare the nuts for use in sandwiches, biscuits, cakes, cookies, and cooked dishes innumerable from soup to dessert. The city dweller, if no peanut stand is near, can grind and use packaged salted peanuts in the same way, allowing of course for the extra salt on the nuts. Or peanut butter can be used interchangeably with finely ground peanuts in many dishes.

Peanuts in some form go very well indeed in the lunch box, especially in the children's lunch, whether carried or served at school. It would be hard to find a child who doesn't like the flavor of peanuts. But remember they are a very concentrated food, and improved by combination with other foods. With peanut butter especially, it is not only more palatable but more easily digested if the texture is changed by adding other foods. One very popular sandwich filling is peanut butter, or finely ground peanuts moistened with a little milk, mixed with chopped raw carrots or onions. Another good combination is peanut butter or the ground nuts, with chopped raisins or prunes or dried apricots.

Peanut Butter and Tomato Soup

1 No. 2-1/2 or No. 3 can tomatoes
1/2 cup peanut butter

1 tablespoon flour
Salt and pepper to taste

Pour off about a cup of the tomato juice and put the rest of the tomatoes on to heat. Blend the tomato juice with the peanut butter and flour until smooth and stir gradually into the hot tomatoes. Cook the soup for a few minutes and if it is too thick, add a little water. Season to taste with salt and pepper, and serve hot with toasted bread or crackers. If a smoother soup is desired, put the hot tomatoes through a sieve to divide the pulp and take out the seeds.

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Peanut Sauce for Vegetables

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| 2 cups milk | 1 tablespoon butter or other fat |
| 3 tablespoons flour | Salt and pepper to taste |
| 3/4 cup finely ground peanuts | |

Heat all the milk except about a half a cup. Blend this cold milk with the flour and add to the hot milk. Stir until thickened, and cook over hot water for 10 minutes. Add the peanuts, fat, and salt and pepper to taste.

Or instead of the ground peanuts, use 1/2 cup of peanut butter and omit the flour and fat. Blend the peanut butter with a little of the hot milk and stir into the rest and cook until the sauce thickens.

Serve the peanut sauce hot on boiled rice, potatoes, hominy, or cooked cabbage or celery.

Peanut Biscuit

| | |
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| 2 cups sifted flour | 4 tablespoons peanut butter, |
| 3/4 teaspoon salt | or 1/2 cup ground peanuts |
| 4 teaspoons baking powder | 2 tablespoons fat |
| | Milk |

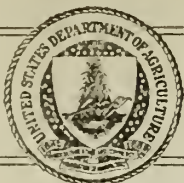
Sift the dry ingredients, and rub the fat and peanut butter or ground peanuts into the flour with the tips of the fingers. Make a well in this dry mixture and, stirring from the center, add slowly enough milk to make a soft dough. Knead slightly and pat to about 1/2 inch thickness on a lightly floured board, and cut in rounds. Bake in a hot oven (400° F.) for 12 to 15 minutes or until light brown. Serve at once.

Peanut and Carrot or Onion Sandwich

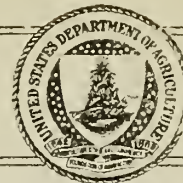
Mix peanut butter or finely ground peanuts with chopped raw carrots or onion and enough milk or cream to make the mixture easy to spread. Season to taste with salt, and use as the filling for sandwiches.

Apple and Peanut Scallop

Pare, core, and slice tart apples. Place a layer of the sliced apples in a baking dish, sprinkle with sugar and ground peanuts, or dot with peanut butter. Add another layer of apples and press down, add more seasoning, and keep on until the dish is heaping full. Cover the dish and cook the apples slowly for from 1 to 1-1/2 hours in a moderate oven. As the apples cook down during the first half hour, a few more may be added. About 15 minutes before the apples are to be served, remove the cover and spread buttered bread crumbs over the top. Return to the oven and let the crumbs become golden brown and crisp. Serve hot with top milk if desired.



U. S. DEPARTMENT OF AGRICULTURE
Office of Information
Press Service



WASHINGTON, D. C.

RELEASE FOR PUBLICATION
DECEMBER 19, 1934 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --

Cereal in porridge or pudding
Potatoes
Tomatoes (or oranges) for children
A green or yellow vegetable
A fruit or additional vegetable
Milk for all

Two to four times a week --

Tomatoes for all
Dried beans and peas or peanuts
Eggs (especially for children)
Lean meat, fish, or poultry, or
cheese

NOW ORANGES, LEMONS, AND GRAPEFRUIT

Winter in the North brings citrus fruits from sunny California, Florida and the warm Southwest -- this winter the biggest crop on record. So now, even if you must count your pennies closely, there may be oranges not just for the Christmas tree but for your breakfast fruit, lemons for lemon sauces or lemon pie, and grapefruit for the Christmas dinner fruit cup, fruit cocktail, or salad.

Not so long ago, lemons, oranges, and grapefruit were luxuries for the few. Now they are considered almost necessities for the many if we are to have a good winter diet in the North where most other kinds of fresh fruit are scarce. Once you could buy them only in the markets of big cities. Now they are sold almost everywhere in the United States.

Why are these juicy near-tropical fruits so important? For their vitamin C, which is one of the necessities of human life. Many foods contain this vitamin,

but many of them lose much of it when they are cooked, says the Bureau of Home Economics of the U. S. Department of Agriculture. The citrus fruits, however, score on two points -- they are the richest source of vitamin C we have, and are commonly used without cooking. Tomatoes, the next richest source of vitamin C, are a cheaper source as a rule, and can be used instead, either fresh or canned. But this is the time of year when we can perhaps afford to draw upon both sources, for citrus fruits are at their best and, for the most part, their cheapest.

Lemons were the first fruits whose vitamin C value was appreciated -- though nobody knew it was vitamin C. What they did know was that these fruits would prevent scurvy, a disease which was the curse of armies and navies, the sailors on merchant ships, and all people who were short of fresh vegetables and fruits. Now we know it is the vitamin C they contain which makes those foods so useful in preventing scurvy, and in preventing the more common symptoms which are a mild stage of this disease. Nutritionists tell us that lemons, oranges, and grapefruit are about equally good for this. And they add that one good-sized lemon, or a medium-sized orange, or half a small grapefruit are the least you can depend upon for a day's supply of vitamin C. More vitamin C is better, and you can get it from these or other fruits and vegetables, especially raw salads.

To get the most of its vitamin C from any food, however, you must use it fresh. For lemonade, or orange juice to drink, or for a fruit juice cocktail, squeeze your fruit just before you use it. Vitamin C is lost by exposure to the air, and orange juice, as you may have noticed, changes flavor if you let it stand, even in the refrigerator over night, unless it is tightly covered.

Lemons come to us chiefly from California, though you find Italian lemons on the markets in a few big eastern cities. California ships lemons every month of the year, but the heaviest shipments come in the spring and summer. Our chief orange-growing States are Florida and California. From now, in December, until

late spring, the Eastern markets will be getting their biggest shipments of Florida oranges. California ships all the year round, California Valencias having the summer and early fall market to themselves. Shipments of California Navels begin early in November and reach their peak in April.

Grapefruit comes from Florida, Texas, California and Arizona. And, of the citrus fruits, grapefruit, alone, comes on the market canned as well as fresh. The canned grapefruit, and grapefruit juice, has practically the same vitamin value as the fresh.

The big demand for lemons comes in summer for lemonade. But fresh lemon juice for flavoring is a joy to the cook at any time. She can use it, along with grated lemon peel, for flavoring all sorts of things - and since she can add the fresh juice after the other ingredients are cooked, she doesn't lose much vitamin value if the dish is served promptly. For that matter, what is better with fish -- canned salmon especially -- than fresh lemon juice? What better for baked fish, or greens or carrots than lemon butter sauce, with or without chopped parsley? Or for salads, French dressing made with lemon juice, or lemon mayonnaise?

And who does not like lemon pie? You can make one without cooking the filling at all, if you blend 1-1/3 cups (one 14-15 ounce can) of sweetened condensed milk, 1/2 cup lemon juice, the grated rind of one lemon, the yolks of 2 eggs and 2 tablespoons of granulated sugar, and then fill the already baked pie shell and top it with meringue.

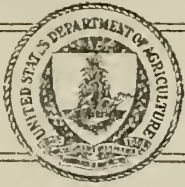
Oranges make one of the best of all flavorings, and you can use sections of fresh orange as well as juice in cake fillings or custards. The peel adds flavor, as well as vitamin C. So the best way to get full value of your orange is to drink the juice, or eat the orange sections "as is" or in fruit cups, salads or desserts, and use the peel for flavoring.

For Christmas try cranberry relish, which is really raw cranberries and oranges. To make it, grind up a pound of cranberries, and one orange, rind and all. Add a cup of sugar and 1/2 teaspoon of salt, and there you have something extra nice for the Christmas dinner.

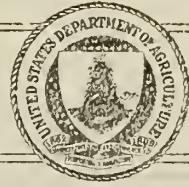
An old time orange dessert is ambrosia, "food for the gods," as it really seemed in the days when oranges were rare. It is good today and fairly cheap - made of sections of orange with slices of banana, sprinkled with shredded coconut.

Half a grapefruit for breakfast, or to begin or end a lunch or dinner or supper is one good way to get most of your vitamin C for the day. Salt the fruit a little if you find it too sharp. For a fruit cup or a salad, combine grapefruit with any other fruit, or use it by itself. And save the shells, cut them in strips, jelly them in sirup to make one of the best of Christmas sweets.

INFORMATION FOR THE PRESS



U. S. DEPARTMENT OF AGRICULTURE
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WASHINGTON, D. C.

RELEASE FOR PUBLICATION
DECEMBER 26, 1934 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

Every meal -- Milk for children, bread for all

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cheese

SOME NEW YEAR'S RESOLUTIONS

A good New Year's resolution could be made about food. To this statement you would probably agree, says the Bureau of Home Economics of the U. S. Department of Agriculture, if you stood and watched the trays as they are filled and passed along the counter by the line of customers in almost any cafeteria. Perhaps you would share the view of some dietitians -- that better standards of living, including better health for the world in general depend upon better selection of foods as well as upon better incomes with which to buy.

Here is a true story, with a moral which is plain. It was set down by a trained home economist who made the observation herself:

In one of our state agricultural college cafeterias, supervised by a trained dietitian, the students could buy their meals at prices barely more than

cost. Five to 8 cents for vegetables, 14 and 15 cents for meats and salads, were the highest prices on the menu. At breakfast they had a choice of five or six fruits, four or five cereals, four or five kinds of bread or rolls, three beverages, and eggs or bacon. For luncheon they could choose from three beverages, a soup, four or five hot vegetables, four meats or other protein dishes, assorted breads and sandwiches, three or four salads, including one or more vegetable, one fruit and one meat-substitute salad, and for dessert one kind of cake, two kinds of pie, pudding and ice cream. Dinners were much the same as the lunches, except that there were no sandwiches. Here was food enough, in good variety.

The students' trays (785 men's, 880 women's) were observed over two ten-day periods, one in winter, one in summer. This was done without the students' knowing it, so their choice would be uninfluenced. The foods they selected were listed at about equal numbers of breakfasts, lunches and dinners, were then classified and tabulated, and these results were studied. They showed, first of all, very marked differences between the men's choice of foods and the women's. Something like two-thirds of the men's trays carried milk at lunch or dinner or both. The average consumption of milk was apparently more than half a pint per day for the men. Only a fifth of the women's trays carried milk at all, and they used it only once a day. Even counting milk used in cooking, these women could scarcely get as much milk as nutritionists consider necessary to furnish the calcium we need.

The men ate bread and meat more often than the women, but both chose meat once a day or more, bread two or three times. Men chose vegetables oftener than women did, but chose potatoes chiefly, with very few raw vegetables or salads. But though the women's trays did not carry vegetables as often as did the men's, the women chose more kinds -- including raw vegetables and a good proportion of salads.

More than half the men's trays at two meals, and two-thirds to three-fourths of the women's carried desserts. Pie and ice cream were the favorites, the men's choice running most often to pie, the women's to ice cream.

Summing up her observations, the investigator found that these students did not choose their food very well. The men's meals were too light in fruits and vegetables, but nearly adequate in milk and cereals. The women's meals were too light in milk, fruits and vegetables and whole cereals, though better in raw fruits and vegetables than the men's meals.

Considering the meals as a whole, the investigator found that the energy value was low. This she found in a special study of the nutritive values of meals selected by some 50 students, men and women. A man at moderately active muscular work, nutritionists say, needs 3,000 calories a day, a woman 2,400, but a sedentary man may need less than 2,400 and a woman less than 1,800 calories. These students averaged 2,203 calories per day for the men (a range of 1,411 to 3,453), and for women 1,674. The men were up to standard for calcium and for protein, the women were more than 9 percent too low in calcium, 15 percent in protein. The difference, of course, was due chiefly to the milk and meat more freely used by the men. The men got enough phosphorus, also, from milk and the meat they ate, the women were 28 percent below standard in phosphorus.

Neither men nor women got enough iron--the men were more than 22 percent below standard, the women more than 43 percent. The diets were generally low in vitamin C.

Remembering that these were young people who had before them every day plenty of food of all the necessary kinds, the fact that they were not well-fed suggests many things about the food habits of the rest of us as well. It is true some of these students were cramped in funds--the choice in some cases was governed by that fact. But the rest of them had a fine opportunity to be well fed according to good dietary standards.

So what, we may wonder, happens to the general run of people, with no dietitian to choose and set before them the kinds of food we all need? What happens

when we have to plan our own or the family meals? Which way does our own choice tend?

A New Year's resolution is in order. To be fair to ourselves, we need to know and to keep in mind certain principles of diet. To satisfy the needs of the of the human body we need foods to build the structure, to give it warmth and energy and keep it in good order. To get enough of the food substances that serve those purposes we draw upon at least five classes of food: Milk for one, vegetables and fruits for another; bread and cereals for a third; meat, fish, eggs or cheese; and finally, fats and sugars. Because there is little danger of our neglecting bread or meat, nutritionists advise us to make sure first of all of the "protective" foods--milk, vegetables and fruits, and, when you can afford them, eggs also. These foods will give you good value in minerals and vitamins and proteins--will "protect" your diet, as they say. But they will leave you short in calories and wanting such mainstays as bread and meat and potatoes--which you then should add to make up your calorie quota.

